

National Development July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		1 OFF	2 8:00-9:00am Swim Travel to EDM on own	3	4	5	6
	5:00 - 5:45 Weights 5:45 - 7:00pm Swim	4:00-5:30pm Swim					
				EKI	EKI	EKI	
7		8 OFF	9 6:00-7:30am Swim	10	11	12	13
	OFF	4:00-5:30pm		4:00 - 5:45pm Swim 6:00-7:00pm Weights	4:00-5:45pm Swim		7:45-9:45am Swim
EKI							
14		15 OFF	16 6:00-7:30am Swim	17	18	19	20
	5:00 - 5:45 Weights 5:45 - 7:00pm Swim	4:00-5:30pm Swim		4:00 - 5:45pm Swim 6:00-7:00pm Weights		6:30-8:00am Swim (Silver Springs)	7:45-9:45am Swim
					4:00-5:45pm Swim		
21		22 OFF	23	24	25	26	27
	4:00-5:30pm No weights	4:00-5:30pm Swim	Swim in Edmonton				
			Travel to EDM				
				SUMMER PROVINCIALS	SUMMER PROVINCIALS	SUMMER PROVINCIALS	
28		29	30	31			
SUMMER PROVINCIALS							

* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills)